DOCUMENT RESUME

ED 415 527 CS 216 182

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TITLE	Writing from Within: A Guide to Creativity and Life Story Writing. Third Edition.
ISBN	ISBN-0-89793-217-X
PUB DATE	1998-00-00
NOTE	315p.
AVAILABLE FROM	Hunter House, Inc., Publishers, P.O. Box 2914, Alameda, CA 94501-0914 ($14.95).
PUB TYPE	Guides - Non-Classroom (055) -- Opinion Papers (120)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	Autobiographies; *Creative Expression; Higher Education; *Individual Development; Life Events; *Personal Narratives; *Writing Strategies
IDENTIFIERS	Author Text Relationship; *Authorship; *Lifewriting; Personal Writing; Therapeutic Communication

ABSTRACT

Based on the idea that telling personal life stories can be a voyage of self discovery, freeing up images and memories that have long remained hidden, this book explains techniques to help individuals learn to write vivid autobiographical stories and life narratives. Whether used at home, in a classroom, or in a therapy environment, the techniques in the book will show persons how to: deal with the fear of writing and the inner "critic"; recall childhood events and important life experiences; find the authentic writing voice; and use fiction techniques such as narrative, dialogue, and inner monologue to bring stories to life. In this third edition a new section on creativity explores ways to use self criticism in a positive way, suggests ways to maintain a balance between the creative process and the demands of daily life, discusses the relationship between creativity and depression, and gives guidelines for an individual to expand into fiction writing. The book includes stories written by participants of life story writing programs. An appendix on developing supportive feedback is attached. A list of selected readings contains material on writing models, writing process, and autobiographical writing. (NKA)

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